

New Knowledge Adventures  
Presents:

*Hypnosis for Universal  
Pain Management*

Seminar #3:  
The Dangers of 'Gurus' and  
Ideo-Dynamic Communication

# Course Materials

- All course materials are available on our website
- [www.NarrowGateAlliance.org](http://www.NarrowGateAlliance.org)
- Login Information:
  - UserID: hypnosisupm
  - Password: pa1nfr3e

# *Review of Seminar 1 and 2*

- 1) The 2 Basic Skill Sets, the 5 Basic Skills, and the 2 Basic Explanatory Models
- 2) Dualist - Interactionism

# Review of Seminar 1

- The 2 Skill Sets
  - Skill Set 1: Muscular Relaxation
    - Skill 1: Progressive Muscular Relaxation
    - Skill 2: Differential Muscular Relaxation
  - Skill Set 2: Basic Hypnosis = Relaxation + Suggestion
    - Skill 3: Ideo-Dynamic Responses to Suggestion
    - Skill 4: Appropriating Your Own Space
    - Skill 5: Autosuggestion [Waking Suggestion]
- The 2 Explanatory Models
  - Edmund Jacobson – The Jacobson Effect
  - Emile Coué - Autosuggestion

# Review of Seminar 1 - Explanatory Models

- Edmund Jacobson and the Jacobson Effect
  - Every thought is accompanied by a muscular contraction
  - Every muscular contraction is accompanied by a thought
- Emile Coué and Autosuggestion
  - Waking suggestion is as powerful as formal hypnosis
  - Autosuggestion is easier than formal hypnosis

# Review of Seminar 2

- Part 1: Introduction to the Elements of 'Reality'
  - Demonstration 1: Basic Relaxation
    - VAPMR Exercise
  - Demonstration 2: Self-Directed Visualization
    - Appropriating Space Visualization Exercise
  - Demonstration 3: Guided Visualization
    - Beach Walk Visualization Exercise
  - Demonstration 4: Guided Tour of the Elements of 'Reality'

# Review of Seminar 2 (Cont.)

- Part 2: Brief history of the philosophical and scientific investigation of the nature of 'Reality'
  - Plato
  - Siddhartha Gautama – The Buddha
  - Aristotle
  - Descartes
  - The Alchemists
  - Edmund Husserl
  - Karl R. Popper and John C. Eccles

# Review of Seminar 2 (Cont.)

## ■ EEG Brain-Wave Patterns

- Delta
- Theta
- Alpha
- Beta
- Gamma

# Review of Seminar 2 (Cont.)

- Part 3: Hypnosis and Interactive Dualism
  - If there are two distinct but interactive substances, then
    - The two substances can be *detached* from one another [EEG Theta State]
    - The two substances can be *synchronized* with one another [EEG Alpha State]
    - The two substances can be *coordinated* with one another [EEG Beta State]
    - The two substances can be *unified* with one another [EEG Gamma State]

# Review of Seminar 2 (Cont.)

- Detachment Methods [EEG Theta State]
  - Seated Meditation
  - Hypnosis
  - Waking Theta State from Synchronized Alpha State
- Synchronization Methods [EEG Alpha State]
  - Yoga
  - Seated Meditation
  - Hypnosis

# Review of Seminar 2 (Cont.)

- Co-Ordination Methods [EEG Beta State]
  - Structured Autosuggestion
  - Mindfulness
- Co-Ordination and Unification Methods [EEG Gamma State]
  - Tai Chi
  - Martial Arts
  - Walking Meditation
  - Athletics in general

# Review of Seminar 2 (Cont.)

- Co-Ordination and Unification Methods  
[EEG Beta and Gamma States]
  - Tai Chi
  - Martial Arts
  - Walking Meditation
  - Athletics in general

# Online Versions of JC Eccles

- Quantum Aspects of Consciousness
  - <http://www.pnas.org/content/89/23/11357.long>
- Evolution of Consciousness
  - <http://www.pnas.org/content/89/16/7320.long>

# Q and A

Review of Seminar 1 and 2

# Overview of Seminar 3

- Part 1: The Dangers of 'Gurus'
  - Anatomy of an academic fraud – don Juan Matus and Carlos Castaneda
  - The Guru has no clothes – Chögyam Trungpa
  - Nonsense from the Astral Plane - Urantia
  - Sex in the City - Jiddu Krishnamurti, Bishop C. W. Leadbeater, and the Theosophical Society
  - Brilliant analysis from a flawed scholar - Martin Heidegger
  - Nonsense analysis from a brilliant scholar - Carl G. Jung

# Overview of Seminar 3 (Cont.)

- Part 2: Ideo-Dynamic Communication
  - Additional pathways to the Unconscious Mind
  - The History of Ideo-Motor Action
  - The Chevreul Pendulum Illusion
  - Ideo-Dynamic Finger Signals
  - Behavioral Kinesiology and the limits of IDC
- Review – Q and A
- Homework

# Part 1: The Dangers of 'Gurus'

Developing a Healthy Skepticism  
in the Age of Aquarius

# Anatomy of an Academic Fraud

- Anatomy of an academic fraud – don Juan Matus and Carlos Castaneda
  - Carlos Castaneda received a Ph.D from UCLA in Anthropology based on his 'academic' research of don Juan and the Sorcerer's Way
  - Questions about his actual research arose before the 1968 publication of "The Teachings of Don Juan: A Yaqui Way of Knowledge."
  - UCLA granted his Ph.D. anyway

# Anatomy of an Academic Fraud (Cont.)

- Castaneda (Cont.)
  - By 1976 proof of the fraud was rampant
  - The research was never conducted
  - Don Juan does not exist
  - The Yaqui Way of Knowledge was cobbled together from various books at the UCLA Library
  - Richard de Mille. "Castaneda's Journey."
  - Richard de Mille. "The Don Juan Papers."

# The Guru Has No Clothes - Chögyam Trungpa's Miraculous Ascension

- The Guru has no clothes -
  - Chögyam Trungpa was one of the Tibetan monks who fled from Tibet with the Dalai Lama in 1959
  - Trungpa founded the Shambhala Meditation Centers, headquartered in Boulder, CO
  - Official version of his death indicated that he entered a state of meditation from which he did not return
  - His body purportedly remained without decay and his heart remained warm for 5 days following his death

# The Guru Has No Clothes - Chögyam Trungpa's Miraculous Ascension (Cont.)

- Trungpa (Cont.)
  - His body was packed in salt and cremated, at which time there were supposedly many atmospheric events such as rainbows, eagles circling, and clouds in mystical formations
  - Georg Feuerstein. "Holy Madness." – Chögyam Trungpa's Miraculous Ascension
    - Sex parties, drugs, alcohol
    - His Doctor's Report: Death from persistent alcoholism

# Nonsense From the Astral Plane

- Urantia
  - Published in 1955, it is 2,097 pages long and weighs 4.3 pounds
  - The work of a group of people who met as The Forum in Chicago, IL to discuss information that Kellogg had started channeling beginning around 1911
  - Dictated to Dr. William Samuel Sadler and his brother-in-law, Wilfred Custer Kellogg by discarnate entities while Sadler, Kellogg, and others of the Forum were in a mediumistic trance
  - Sadler was a lifelong Seventh Day Adventist until the revelation of massive plagiarism by Adventist founder Ellen White surfaced in the early 1900's
- Martin Gardner. "Urantia: The Great Cult Mystery."

# Sex in the City – Krishnamurti and the Theosophists

- Jiddu Krishnamurti was selected by Charles Webster Leadbeater to be the 'World Teacher' of the Theosophists in 1908, age 13
- From 1911 to 1925 he travelled with his brother, Nityananda, Leadbeater and Annie Besant, giving lectures on Theosophy around the world
- Nitya died in 1925
- "The Process" – 'Paranormal' experiences of pain and peace proving he was the New Messiah
- Krishnamurti repudiated Leadbetter, Besant and the Theosophists in 1929

# Sex in the City – Krishnamurti and the Theosophists (Cont.)

- Francis King – “Sexuality, Magic and Perversion”
  - Leadbeater was a predatory homosexual
  - Several known instances of this in Theosophical circles, including criminal charges that were quashed
  - Krishnamurti and his brother caught Leadbeater’s eye in 1908 while they were bathing outdoors near the Theosophical Headquarters in Adyar, Madras India
  - Krishnamurti agreed to go with Leadbeater if his brother went with him

# Sex in the City – Krishnamurti and the Theosophists (Cont.)

- Krishnamurti (Cont.)
  - Father signed a contract with Leadbeater to allow the boys to accompany him
  - Later, in 1912, father filed an unsuccessful lawsuit to annul the contract
  - Krishnamurti’s “Process” the result of continued sexual predation and other mind-control methods employed by Leadbeater

# Brilliant Analysis From a Flawed Scholar

- Martin Heidegger

- Academic 'Weasel'

- Buttered up his sponsor, Edmund Husserl, so that he would be recommended for an academic position
    - In his private writings and conversations, he stabbed Husserl in the back at every opportunity
    - After his appointment as a Professor, he immediately began publishing materials critical of Husserl's Phenomenology

# Brilliant Analysis From a Flawed Scholar (Cont.)

- Martin Heidegger (Cont.)
  - Nazi
    - Chancellor's Address of 1933 filled with Nazi slogans and propaganda
    - Tried after the war, found guilty of collaboration, and required to give up teaching for 7 years
  - Philanderer
    - Long-time affair with Hannah Arendt

# Brilliant Analysis From a Flawed Scholar (Cont.)

- Martin Heidegger (Cont.)
  - “Being and Time” published in 1927
  - Brilliant application of phenomenology
  - Ushered in the era of modern existentialism
  - All his published works are models of academic decorum and research

# Nonsense Analysis from a Brilliant Scholar

- Carl Gustav Jung
  - Brilliant analysis of the Collective Unconscious
  - Medieval Scholarship and the explication of the psychology of alchemy
  - Depth and breadth of scholarship

# Nonsense Analysis from a Brilliant Scholar (Cont.)

- Jung's Seminar on Nietzsche's Zarathustra
  - Presented from 1934 to 1939
  - Brilliant analysis of the Germanic mindset leading up to WWII
  - Attempt at psychoanalyzing Nietzsche based on "Thus Spake Zarathustra"
    - Complete nonsense
    - Cannot psychoanalyze at a distance
    - Misunderstanding of the philosophical issues
    - Text not included in his Collected Works

# Class Discussion

'Gurus' in the Age of Aquarius

## Part 2: Ideo-Dynamic Communication

Additional Pathways to the  
Unconscious Mind

# History of Ideo-Motor Action

- Michel Eugene Chevreul. "The Divining Rod, The Exploratory Pendulum, Table Turning from the Point of View of History and a Critique Using the Experimental Method." 1854
- William James. "The Principles of Psychology." 1890
- Edward L. Thorndike. "Ideo-Motor Action." The Psychological Review, March 1913, Volume 20, Number 2
- Edmund Jacobson. "Progressive Relaxation." 1929

# The Chevreul Pendulum Illusion

- Described by Chevreul in 1854
- Leslie M. LeCron. "Self-Hypnotism: The Technique and Its Use in Daily Living."
  - 4 Responses
  - Show Graph

# Ideo-Dynamic Finger Signaling

- Developed by Milton H. Erickson, Ernest L. Rossi and David B. Cheek
  - "Mind-Body Therapy: Methods of Ideodynamic Healing in Hypnosis." 1988
  - Same 4 responses as the Pendulum
  - 4 different fingers, both hands if needed

# Behavioral Kinesiology

- John Diamond. "Your Body Doesn't Lie." 1979
  - Paperback version of the hardback - "Behavioral Kinesiology: How to Activate Your Thymus and Increase Your Life Energy."
  - Version of Sortilege, a binary method of divination developed in ancient times
  - Demonstration

# Behavioral Kinesiology (Cont.)

- Diamond (Cont.)
  - Used to discover which foods, vitamins, etc. are best for you
  - Music, books, people, etc.
- Three scientific studies
  - "Applied Kinesiology Unreliable for Assessing Nutrient Status." 1988
  - "Double-Blind Study on Materials Testing with Applied Kinesiology." 2005
  - "Muscle Test Comparisons of Congruent and Incongruent Self-Referential Statements." 1999

# Class Discussion

Ideo-Dynamic Communication and  
the Limits of IDC

# Homework

- Continue to Practice Your Basic Skills
  - VAPMR
    - At least twice per day
    - After you are relaxed, then practice:
  - Differential Muscular Relaxation
    - Move hands or legs while remaining relaxed and seated, or walk and remain relaxed in upper body
  - Ideo-Dynamic Responses to Suggestion
    - Hot and Cold Hands, Feet, Arms
    - Arms and hands floating
  - Acquiring Your Own Space
  - Structured Autosuggestion

# Homework (Cont.)

- As you practice the five skills, be aware of which elements of the relationships among Soul, Body and World you are altering
- Practice your new Ideo-Dynamic Skills
  - Chevreul Pendulum,
  - Ideo-Dynamic Finger Signaling
  - Behavioral Kinesiology

Q and A